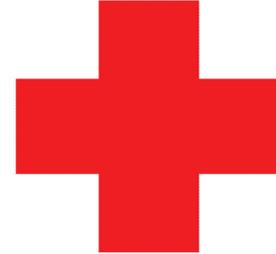


Belle Plaine Community Pool's 2016 Junior Lifeguard Program

Dates: June 13 - 24, Monday through Friday
Time: 8:00 a.m. – 11:00 a.m.
Locations: Belle Plaine Community Pool; classroom (TBD)
Cost: \$60.00 / \$70.00 (non-resident)
Ages: 11 – 14
Register and pay on-line at www.belleplainemn.com.

LIFEGUARD



What is the purpose of this course?

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course when the student turns 15 years of age.

What swimming skills do I need to participate in Junior Lifeguarding?

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity.

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using elementary back stroke or back crawl.
- Submerge and swim a distance of 10 feet underwater.
- The skills evaluation will occur on the first day of the program.

What topics will be covered during the course?

- Surveillance and General Procedures for a Water Emergency
- First Aid
- Care for Head, Neck, and Back Injuries
- CPR/AED (Students will receive official CPR certification through this course)
- Water Rescues
- Emergency Action Plans
- Working with Emergency Services
- Shadowing Experience

If there are any questions regarding Junior Lifeguarding, please contact Jackie Hillstrom at jmhillstrom@gmail.com or pool@ci.belleplaine.mn.us